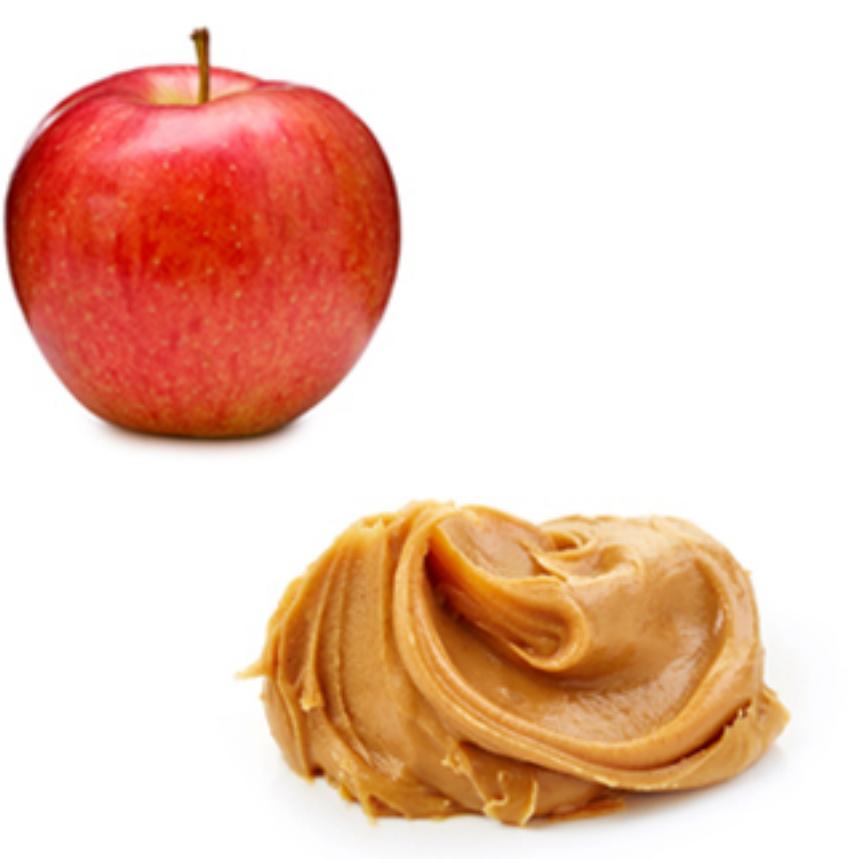


# DROP 10 TODAY

## 15 Healthy Snacks

Select 1-2 snacks each day



				
6 oz. Greek yogurt + $\frac{1}{2}$ cup berries	$\frac{1}{2}$ cup pumpkin seeds (in shell)	Apple + 1 tbsp. nut butter	String cheese + orange	$\frac{1}{2}$ cup sunflower seeds (in shell)
				
Skim latte (skip sugar) + banana	$\frac{1}{4}$ cup hummus + veggies	Celery sticks + 2 tbsp. nut butter	4 cups light popcorn	$\frac{1}{4}$ cup (about a handful) nuts
				
$\frac{1}{2}$ cup pistachios (in shell)	3 oz. turkey rolled around bell pepper sticks	1 cup steamed edamame (in pod)	Small frozen yogurt	2 rick cakes + 1 tbsp. nut butter